

BORONNDARA

Bicycle Users Group

Rides Supplement September 2011

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Wednesdays - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

RIDING IN COMPANY PROGRAM – Aug-Dec 2011

Welcome! We ride every week on Mondays and meet at 8.30am at the nominated meeting place. A coffee shop is found half way along our ride, mid-morning. We return by 12.30 pm - 1pm and usually ride 50 - 60 kilometres. If the weather is over 30° or raining, rides may be cancelled. You may choose to join in or peel off at any time during the ride. An email is sent out on the Thursday before the ride giving details to participants. Riders are asked to indicate their intention of participating in the ride. In keeping with the Surrey Hills Neighbourhood Centre's (SHNC) policy, all participants in this program require membership with the centre, \$8.00 per annum. Cyclists are encouraged to register with Bicycle Victoria www.bv.com.au and explore insurance options or join RACV Bike Assist Membership www.racv.com.au

Participants are welcome to put forward any suggestions for rides. For further information contact SHNC on Ph (03) 98902467 or email: info@surreyhillssnc.org.au

Date	Ride Description	Meeting Place	Melways Ref
5 September 2011	Werribee North Circuit	Flinders Street Station (Werribee Line Zone 2)	M2F F6
12 September 2011			
19 September 2011	Southern Suburbs Ride East Malvern - Albert Pk Lake, Richmond Station	East Malvern Station	M69 B1
26 September 2011			
3 October 2011	Ashburton Station - Blackburn Lake - Koonung Creek Trail	Ashburton Railway Station	M60 E9
10 October 2011			
17 October 2011	Glen Iris - Maribyrnong River - Brimbank Park	Nettleton Park, Dawson Drive, Glen Iris	M59 J7
24 October 2011			
31 October 2011	Deepdene, Westerfolds Park	24 Whitehorse Road, Deepdene	M45 K7
5-6 November 2011	Weekend away - Proposed ride on Lilydale/Warburton Trail, overnight stay	Details to be given closer to the date	
14 November 2011	Capital City Trail	24 Whitehorse Road, Deepdene	M45 K7
21 November 2011			
28 November 2011	Eastlink, Dandenong Creek Trail to Yarraman Station (Pakenham Line)	Mitcham Railway Station (Belgrave/Lilydale Line Zone 2)	M48 J9
5 December 2011			

12 December 2011	Glen Iris - Beacon Cove - Brighton - Christmas Lunch	Nettleton Park, Dawson Drive, Glen Iris	M59 J7
19 December 2011			

Please note:

The calendar of rides indicates designated rides for every second week.

Rides on the "off" week will be worked out the week before amongst the riders and details will be sent out in an email on the Thursday prior to the ride.

This gives riders a chance to put forward rides they would like to do other than the ones shown on the calendar.

Leaders have not been assigned to this calendar. Participants can volunteer to lead a ride or the leader will be assigned during the preceding ride.

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2011

We ride 4 Wednesdays each month.

The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. The 2nd and 4th Wednesday rides are more challenging, (50- 70km).

We generally meet at 10am at the 'Place to meet' (see below). Please catch a train to arrive at the start before 10am. If a time is suggested, please check that the time is current.

A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides.

Riders are welcome to join the ride along the way or cut the ride short at any point.

If the temperature is 30°C or above on the day, the long rides will be cut short.

Please contact Janet Bennett by e-mail jfbpgb@bigpond.com or on 9853 9808 to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
Sep 7th *	Footbridge in Southbank MEL 2F F7	Short ride - Gardiners Creek Trail to Blackburn 25 Km. Train home or ride options. Ed Biggs to lead	Easy
Sep 14th *	Belgrave Railway Station MEL 75 F10	Belgrave to Southbank - Railway Trail to Upper Ferntree Gully. Ferny Creek trail to Scoresby Village for a quick coffee. Then George St., East Link trail (1Km), Blind creek trail, Shepherd Rd, Scotsmans Crk trail, Gardiners Crk. trail (Lunch at Glen Iris) and Main Yarra trail. ~ 43 km Bruce Kidgell to lead	Medium with a climb!
Sep 21st *	Ferntree Gully Railway Station on Belgrave line MEL 74 B2	Short ride - via Upper Ferntree gully, Ferny Creek trail to Scoresby Village for coffee, George St., East Link trail (1Km), Blind creek trail via Knox City to join the Railway Trail then back to Ferntree Gully Railway Station. ~24 km Bruce Kidgell to lead	Easy
Sep 28th *	Fairfield station on Hurstbridge line MEL 30 K10	Northwest circuit – Merri Crk trail to Coburg Lake, O’Hea St. to Moonee Ponds Crk trail and to Ring rd. trail at Airport West. East Keilor streets to Maribyrnong River at Canning reserve. Up to Highpoint S.C. and path down to the river at Edgewater. Ride River and Footscray rd. trails to city. ~ 50km. Les Deady to lead.	Medium – some hills
Oct 5th *	Footbridge in Southbank MEL 2F F7	Short ride – ride and leader chosen on the day	Easy
Oct 12th	Hurstbridge Station MEL 185 J8	Strathewen - Pleasant Country ride through undulating terrain to Strathewen (19 km.) and return. Lunch at Hurstbridge. Return to city by combination of train and ride. Diamond Creek (8km.), Eltham (15km) and Heidelberg (30km) are accessible stations.	Medium
Oct 19th	Footbridge in Southbank MEL 2F F7	Short ride – to Ardeer by train and then return via the Western ring and Federation trails and Docklands to the city.	Easy
Oct 26th	Footbridge in Southbank MEL 2F F7	Woodlands Park ride – Moonee Ponds trail to the Historic Homestead and return to the Western Ring trail, the Maribyrnong River trail and return to the city ~ 70km.	Hard
Nov 2nd	Footbridge in Southbank MEL 2F F7	Short ride – Ride to Anglers Arms on the Maribyrnong River trail and return, visiting the Museum on the trail ~ 20 km.	Easy

Nov 9th	Aircraft Station on Werribee line. MEL 53 B10	Bay Trail ride Point Cook to Mentone – Point Cook rd. to Skeleton Crk then the Bay West trail to Southbank. We take the Bay trail to Brighton Beach station (55km) or Mentone station (63km) and return to the city by train.	Medium
Nov 16th	Heidelberg station on Hurstbridge line MEL 31 K4	Short ride - Heidelberg station to Heide to explore and then return via the Main Yarra trail to the city ~ 20km.	Easy
Nov 23rd	Footbridge in Southbank MEL 2F F7	A short ride to the COTA AGM in the city and then lunch for volunteers.	Easy
Nov 30th	Lilydale station MEL 38 D4	Warburton Rail trail and return via the Aqueduct and WR trail again to Lilydale - A challenging ride of about 90km. with the option of a shorter ride as follows - we will have coffee after 20km and then riders can choose to return to Lilydale or continue the ride.	Hard
Dec 7th	Footbridge in Southbank MEL 2F F7	Short ride - via the Merri Crk. trail and St. Georges rd. to the Human Powered Café, 562 High St. Thornbury ~ 15 km.	Easy
Dec 14th	Werribee station MEL 205 J/K7 9.08 train from Flinders St. Station.	Werribee to Serendip Sanctuary and return, ~ 65km. We will ride minor roads most of the way and on the return. An option is a shorter ride of 35km to return from Lara station (Vline).	Medium
Dec 21st	Footbridge in Southbank MEL 2F F7	Christmas ride with lunch at the Botanic Gardens in the Lake café – We will ride the Bay trail to Elwood canal and return via the back streets and Albert Park lake to the Botanic Gardens ~ 15km.	Easy

* is when Janet will be away

Whitehorse Cyclists Inc

Last updated 15 August 2011

Note: Member-only interstate, overseas and regional rides are not listed here.

Sun 14/08 9.30am	Sunday Oakleigh	Anniversary Tr, Urban Forest, (M)Oakleigh Mall, Scotchman's Cr Tr,	40 E	Michael W 9509 1290 1488 565 566
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		Mall & Scotchmans Creek	Valley Res, Glen Waverley RI Tr, Anniversary Tr. (Mostly bike and bush paths.)			
Tue 16/08 9.30am	Easy Tuesday Eastern Burbs Ramble	Dandenong Ck Tr, The Basin, Upper F T, FG (M) Café Bliss, Blind Ck path, Knox SC, Stud Rd, Dandenong Ck Tr	30 E	Pam F 9725 4148 0409 188 644		
Tue 16/08 9.00am	Medium Tuesday Heidelberg Heights Sweet Treat	Chandler Hwy, Darebin Ck Tr, (M)Heidelberg Heights, Reservoir, Merri Ck Tr, Westgarth, Main Yarra Tr	45 E/M	Jacques F 9497 2306		
Tue 16/08 9.30am	Hard Tuesday Cragieburn	Diamond Ck Tr, Hurstbridge, Arthurs Ck Rd, Doctors Gully Rd, Bridge Inn Rd, Epping Rd, Craieburn Rd East, Hume Freeway Tr, Merri Ck	102 M/H	Tony R 0418 509 481		
Thu 18/08 9.30am	Easy Thursday Around Manningham	Koonung Tr, Tunstall Sq, Mullum Mullum Tr, Beasleys Nursery, Westerfolds Pk, (M)Melissa's, Ruffey Lake, Doncaster, Koonung Tr.	35 E	Dick van G 0416 212 423		
Thu 18/08 9.30am	Medium Thursday Carrum	Dandenong Ck Tr, Eastlink Tr, (M)Dandenong, (L)Carrum, After lunch either ride or train back to Ormond, Caulfield or Richmond.	60 M	Jamie McL 0417 037 855		
Sun 21/08 9.00am	Sunday Coburg	Hays Paddock at 9.30am; Merri Ck Tr, Coburg Lk, (M)Coburg Mall, Upfield Tr, Ivanhoe.	35/55 E/M	Bruce E 9848 4804		
Tue 23/08 9.30am	Easy Tuesday Blackburn Box Hill Circuit	Koonung Ck Tr, Gawler's Chain, Anniversary Tr, Gardiners Ck Tr, Blackburn Lake.	35 E	Wendy Taylor 9808 8303 0421 810 508		
Tue 23/08 9.00am	Medium Tuesday Upper FTG	Dandenong Ck Tr, Bayswater, Boronia, (M)Upper Ferntree Gully, Jells Park, Shepherds Bush, Nunawading transfer station, Eastlink path	45 M	George C 9878 0293		
Tue 23/08 9.00am	Hard Tuesday Carrum / Ricketts Pt	Jells Pk, Dandenong, Carrum, Mordialloc (L), Rickets Pt, Ice Cream shop, Anniversary Tr	100 M	Tom O 0488 666 608		
Thu 25/08 9.30am	Easy Thursday Italian Temptation	The Boulevard, Merri Ck Tr, (M)Sydney Rd Brunswick, Capital City Tr, Yarra Bend, Chandler Hwy, Kilby Rd.	32 E	Gay C 9833 3702		
Thu 25/08 9.30am	Medium Thursday Merri- Moonie	Fairfield, (M)Clifton Hill, Merri Cr Tr, Metro Ring Rd path, (L)Roper Res, (B)Jacana, Moonie Ponds Ck Tr, Capital City Tr.	60 M	Russell H 9841 7141		
Thu 25/08 9.30am	Hard Thursday Upper Beaconsfield	Wheeler's Hill (M), Berwick, Lyall Rd, Inglis Rd, Beaconsfield Emerald Rd, Stoney Ck Rd, Alber Rd, Red Hill Rd, Dam Wall, Wellington Rd, Aura Vale Rd,	100 H	John C 0438 566 977		

		d via Berwick	Old Menzies Ck Rd, Selby, Belgrave			
Sun 28/08 8.45am	Sunday Warburton Tr Working bee	Ride 15K to Wandislore/Launching Place, help the new committee and members with planting and ride back to Seville at noon. They providing morning tea. Lunch at Carriage Café if you wish.	30 E	Elaine H 9877 1434 0431 020 703		
Tue 30/08 9.15am for 9.32 train to Jacana	Easy Tuesday Fawkner Forray	Upper Merri Ck, (M)Fawkner, Coburg, Main Yarra Tr, (F)Burnley. (Note earlier start.)	31 E	Keith M 9857 5805		
Tue 30/08 9.00am	Medium Tuesday South Melbourne	Kew, Studley Park, Burnley, Main Yarra Tr, Alexandra Ave, (M)South Melbourne, East Melbourne, Fairfield.	42 M	Russell H 9841 7141 0400 178 194		
Tue 30/08 9.30am	Hard Tuesday Mt Dandenong	Ferntree Gully, Mt Dandenong, Sky High, Montrose, Mt Dandy Rd, Eileen's for A/T, Valda Ave.	90 M/H	Eileen Q 0433 609 032		
Thu 01/09 9.30am	Easy Thursday Clifton Hill	Hays Paddock, Fairfield, Merri Cr Tr, Clifton Hill, (M)Queens Pde, Westgarth, Alphington, Boulevard, Koonung Ck Tr.	33 E	Bernie F 9878 6640		
Thu 01/09 9.30am	Medium Thursday Northern Rail Loop	Gawler Chain, Mont Albert, Canterbury, Camberwell, Hawthorn, Bridge Rd, West Richmond, Collingwood, Dite's Falls (sic), Clifton Hill, Heidelberg, Greensborough, Plenty River Tr, Yarra Tr, Koonung Tr.		John C 9819 9380		
Sun 04/09 9.30am	Sunday The Great Ride!	Heatherdale Rd, Dandenong Cr Tr, Bayswater, Boronia, (M)Ferntree Gully, Jells Park, Shepherds Bush, Nunawading, Freeway Tr, Heatherdale.	40 E/M	George C 9878 0293 0413 882 165		
Tue 06/09 9.45am (to connect w trains)	Easy Tuesday Outer East Tour	Lilydale Lake, Lakeview Dr., Hull Rd, Carronvale Rd., Taylor Rd., Mooroolbark RS, trail to Bellara Dr., The Village School, (M)Holloway Rd., Bonne View Rd., Warriem Rd., Croydon Rd., Croydon Park, Tarrawarra Creek Tr., Dandenong Creek Tr., Eastlink Tr., Ringwood RS.	30 E	David P 9890 3634		
Tue 06/09 9.00am	Medium Tuesday Waverley Park Circuit	Anniversary Tr, Scotchman's Ck Tr, Freeway Res, (M)Waverley Park. Dandenong Ck Tr, Eastlink Tr, Jells Park, Valley Rd Res.	45 M	Keith C 9802 2792 0425 749 773		
Tue 06/09 9.30am	Hard Tuesday You Yangs	Werribee RS, Bulban Rd along rail line, Kirks Bridge Rd, Ripley Rd, Sandy Ck Rd, You Yangs park circuit and turntable, Sandy Ck Rd, You Yangs/Little River/South Rds, Farm Rd, Werribee RS	80 M/H	John C 0438 566 977		
Thu 08/09 9.30am	Easy Thursday A Cuppa at the Uppa	Stud Rd, Blind Ck Tr, Eastlink Tr, George St, Ferny Ck Tr, (M)Upper Ferntree Gully, Ferny Ck Tr, Scoresby Rd, Blind Ck, Rail Tr.	39 E	Lawrie J 9808 5718		
Thu 08/09	Medium Thursday	Southbank, (M)Yarraville, Williamstown, Bayside tr, (L)Altona. (Mostly flat)	65 M	Max A 9882 1223		

	9.30am	Altona			
Thu 08/09 9.00am	Hard Thursday Chad's Rd	Hurstbridge, Cottles Bridge, Strathewen, Chad's Rd, National Park Rd, Pine Ridge Rd, National Park Rd, E on Whittlesea - Kinglake Rd, Yea Rd towards Whittlesea, L on Ridge Rd before Whittlesea, becomes Yan Yean Rd, Greensborough, Plenty River Tr	100 H	Gary G 0417 508 974	
Sun 11/09 9.30am	Sunday The Backroads of Bass	A day circuit ride on coast and Bass hills. Riders need to register at carinda@iinet.net.au for full details and notification of deferral if bad weather.	60 M/H	Mike McN 9830 4195 0407 509 048	
Tue 13/09 9.30am	Easy Tuesday Scotchman's Glen	Scotchman's Cr Tr, (M)Glen Waverley, Mt Waverley, Damper Ck, Gardiner's Ck Tr.	31 E	Geoff D 9836 1414 0428 361 236	
Tue 13/09 9.00am	Medium Tuesday Warrandyte	Koonung Tr, Mullum Mullum Tr, Main Yarra Tr, (M)Warrandyte, Westerfolds, Ruffey Lake.	40 M	Marion H 9841 7141 0400 521 926	
Tue 13/09 9.30am	Hard Tuesday Kinglake	Elgar Rd, Williamsons Rd, Ruffey Ck Tr, Yarra Tr, Diamond Ck Tr, Hurstbridge, Kinglake, Valda Ave.	100 H	Bob H 0418 582 443	
Tue 13/09 7:45 pm	<i>Club Night</i>	<i>Corner Station & Combarton Sts Monthly Meeting</i>		<i>Mike W 9509 1290</i>	
Thu 15/09 9.30am	Easy Thursday Upstream to the Mount	Ferndale Tr, Gardiners Ck Tr, Scotchmans Ck Tr, (M)Mt Waverley, Lawrence Rd, Orchard Grove Res, Gardiners Ck Tr.	33 E	Lawrie J 9808 5718	
Thu 15/09 9.30am	Medium Thursday Rosstown	(M)Oakleigh, Rosstown Rail Tr, Elsternwick, (L)Port Melbourne, Main Yarra Tr	55 M	Jamie McL 0417 037 855	
Sun 18/09 9.30am	Sunday Yarra Traverse	Koonung Tr, Yarra Tr, Fairfield, Abbotsford, Richmond, Gardiners Ck, Canterbury, Surrey Hills, Valda Ave.	45 E	Rod S 0419 101 601	
Tue 20/09 9.30am	Easy Tuesday Up the Creeks	Dandenong Ck, Blind Ck, Dandenong Ck (via Boronia and Bayswater).	30+ E	Graeme M 9878 1601 0408 903 127	
Tue 20/09 9.00am	Medium Tuesday Glen Waverley	Box Hill, Blackburn, (M)Glen Waverley, Eastlink Tr, Mitcham	42 M	Russell H 9841 7141 0400 178 194	
Tue 20/09 9.00am	Hard Tuesday Big Loop	Yarra Tr, Boulevard, Albert Pk Lake, Beach Rd, Carrum wetlands, Eastlink Tr	115 M/H	Kerry McN 0419 769 420	
Thu 22/09 9.30am	Easy Thursday The Blindferny Link	Boronia Rl Tr, Blind Ck Tr, Ferny Ck Tr, (M)Upper Ferntree Gully. Return via similar route.	36 E	Lawrie J 9808 5718	
Thu 22/09 9.30am	Medium Thursday Maribyrnong	Main Yarra Tr, Capital City Tr past Zoo, (M) (B)Moonee Ponds, Maribyrnong River Tr, (L)(B) Kensington.	50 E/M	John P 9808 4894	
Thu 22/09	Hard Thursday	The Basin, Basin – Olinda Rd, south on Ferndale Rd NB turn up Old Coach Rd,	80 H	Kerry McN 0419 769 420	

	9.30am	Ferndale Rd	Sassafrass, Mountain Hwy NB turn north on Ferndale Rd, up Basin – Olinda Rd, Sky High, Montrose, Valda			
	Sun 25/09 9.30am	Sunday Newport	Zoo, (M)Newport, Docklands, Southlands, Hays Paddock.	40 E/M	Ursula C 9808 2931 0411 106 664	
	Tue 27/09 9.30am	Easy Tuesday The Hills of Waverley	Orchard Gr & Reserve, Gardiners Ck Tr, Grenfell Rd, (M)Mt Waverley, Syndal, Valley Res, Lundgren Chain, Gardiners Ck Tr.	35 E/M	Lawrie J 9808 5718	
	Tue 27/09 9.00am	Medium Tuesday Docklands Dash	Abbotsford, (M)Docklands, Capital Tr, Westgarth, Ivanhoe.	45 M	Bernie F 9878 6640	
	Tue 27/09 9.30am	Hard Tuesday Yellingbo	Woori Yallock, Beenak Rd, Monbulk-Seville Rd, Perrins Ck Rd, Olinda, Sassafrass, The Basin.	80 M/H	Mike H 0407 094 929	
	Thu 29/09 9.30am	Easy Thursday Eltham Aqueduct	Mullum Mullum Ck Tr, Diamond Ck Tr, Main Road Research, Aqueduct, (M) Eltham, return	32 E	Joyce H 9877 3216 0419 102 268	
	Thu 29/09 9.30am	Medium Thursday Rickett's Point	Features a route too intricate to be described – (M) Caulfield, (L) Rickett's Point	60 M	Peter L 9842 5193	
	Sun 9.30am	Sunday				
	Tue 04/10 9.40am	Easy Tuesday Warburton Rail Trail	Train from Box Hill arrives at Lilydale RS at 9.36am. Ride across the new highway bridge and onto Seville for coffee and return.	32 E	Joyce H 9877 3216 0419 102 268	
	Tue 04/10 9.30am	Medium Tuesday				
	Tue 04/10 9.00am	Hard Tuesday Altona	Capital City Tr, Racecourse Rd, Geelong Rd, Millers Rd, Altona, Williamstown, Docklands, Yarra Tr.	99 M/H	Tom O 0488 666 608	
	Thu 06/10 9.30am	Easy Thursday Surrey Hills	Hays Paddock, Outer Circle Tr, Surrey Hills, Blackburn.	32 E	Bernie F 9878 6640	
	Thu 06/10 9.30am	Medium Thursday Diamond Creek	Koonung Cr Tr, Westerfolds Pk, Diamond Creek Tr, (M)(T)(B)Eltham. Lunch at Diamond Creek	50 E/M	Mike McK 9816 3386	
	Thu 06/10 9.30am	Hard Thursday Swales Rd	Olinda, down 'The Wall', Old Emerald Rd (Melway 122 K9), Macclesfield Rd, Swales Rd, Emerald	70 H	Tom O 0488 666 608	
	Sun 9.30am	Sunday				
	Tue 11/10 9.30am	Easy Tuesday A cuppa at the Farm	Eastlink to Chesterfield Farm (M), return via Jells Park, Shepherds Bush, Eastlink, Heatherdale RS.	30 E	Brent C 0407 314 220	

Tue 11/10	Medium Tuesday			
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WCI Typical Weekly Ride Profiles

EASY TUESDAYS: Introductory level social ride. Weekly. 30-35km, few or gentle hills. 9.30am - 1pm.

MEDIUM TUESDAYS: Medium ride, ie slightly faster, harder and further than easy rides. Still a social ride. Requires more endurance and ability than easy rides. 40-50km, some hills. 9.00am start for a 1.00pm finish.

HARD TUESDAYS: Harder (ie flat out) and further than medium rides. Hardest rides in WCI. 60-100km rides, hills no limit. 9.30am start, finish later in afternoon.

EASY THURSDAYS: Similar to Easy Tuesday rides. 30-35km Fortnightly.

MEDIUM THURSDAYS: Faster and longer ride than the Easy Thursday rides. 50-60+km. Some hills, medium to medium/hard level ability. 9.30am start, finishing 2-3pm. Includes time for lunch. **EASY SUNDAYS:** Weekend introductory level social ride. 30km. 9.30am to 1pm. Fortnightly **MEDIUM SUNDAYS:** Medium level ability, faster, some hills. Weekly. 40-45km. 9.30am to 1pm.

Phone the named contact to confirm details of the rides as plans can change, particularly if forecast temperatures for the day are over 30 degrees. Rides return to the start point unless shown otherwise. Riders carry their own risk in any activity connected with the club. Whitehorse Cyclists Inc. disclaims liability for loss or injury to riders participating in advertised activities.

Banyule Bicycle User Group—Rides Program

Morning rides start at Warringal Park (unless otherwise indicated, Melway ref 32 B4). Visitors are welcome to just turn up. Flexible ride options are available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615. Note: rides may be varied to suit weather conditions.

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

EasyRide: with the “**Latte**” Group every **Tuesday and Friday 9:30am** (10:00am in winter) – relaxed pace with break for coffee/snack/chat. **See program and details at**

<http://www.vicnet.net.au/~banylbug>.

HarderRide: every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

Sep 2011

Sun 4	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	
Tue 6	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	
Sun 11	<u>Epping/Wollert</u> 60 km MAP	Out through Rivergum trail & Watsonia to Plenty Rd & Mill Park streets to Darebin Ck at Epping. Hayston Bvd to Aurora Estate for break. Harvest Home Rd to Hume Fwy & return by Ring Rd Trail.	Richard B/ 9459 8648
Tue 13	<u>Surry Park Box Hill</u> 35 km MAP	Out by Macleay Park, Becket Park, Mont Albert Streets to Surry Park. Rest Home by Gawler Chain Park and Koonung Creek Trail. (Some gravel paths and a Short H2)	Maurie A/ 0409 106082
Wed 14	Combined Dinner – Moon & Spoon Restaurant 106 Mountain View Rd (cnr Sherbourne Rd) Briar Hill - 6:00pm		
Sun 18	<u>Middle Maribyrnong</u>	Capital City Trail, Moonee Ponds Ck Trail and streets to Maribyrnong River. Up river to Canning St	Graeme W/

	60 km MAP	Reserve for break (switchback H2 both ways). Return by streets (H2 from river valley) through Moonee Ponds, Brunswick, Thornbury.	9435 968 7
Tue 20	<u>Boeing Reserve</u> 53 km MAP	Out by Darebin Ck Trail (H2 to Waiora Rd), Cheddar Rd path, Ring Rd, Moonee Ponds Ck Trail to break at Boeing Res. Continue down creek, then Pascoe Vale streets to Merri Ck Trail, Thornbury streets.	Allen P/ 9457 169 4
Sun 25	<u>Currawong Park</u> 35 km.	Out and back via Westerfolds & Mullum Trail. Short H3 into Currawong Park. Careful on short piece of road.	Richard B/ 9459 864 8
Tue 27	<u>Point Cook</u> 74 km	Capital City Trail to South Kensington station (coin-only machine). Train to Altona (Zone 1). Ride Coastal Trail, Altona Meadows/Sanctuary Lakes streets & trails to the Coastal Park for lunch. Return by same route. Train from Altona to H'berg via city would shorten trip by 20 km.	Les D/ 9459 270 1

Darebin BUG

Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

The Crosskeys Cruisers - Strathmore - Friday rides

The Crosskeys Cruisers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

Melbourne Bicycle Touring Club

Ride and Club Night Programme

August			
at 06 Aug	Mt Donna Buang Snow Ride #2 - the 'full monty' from Lilydale	110km hard	Peter Signorini 9801 5013 petesig@bigpond.com
Sun 07 Aug	Books to Boathouse	30km easy	Peter Boemo 9857 5990 p.boemo232@gmail.com
Sat 13 Aug	Lilydale to Woori Yallock - return along the rail trail	50km medium	Rae McNamara 9859 7825 raemcn@optusnet.com.au

For information on the above rides, please contact the Touring Secretary, John Hughes 0402 463 655 , or at rides@mbtc.org.au.

About the Ride Gradings **Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

The Melbourne Bicycle Touring Club meets most Thursday evenings at Trades Hall, 54 Victoria St (corner Lygon St), Carlton South at 8.00 pm (the meeting room is open from 7.30 pm onwards). If you are making a special trip to the meeting, please confirm with the meeting organiser that the advertised entertainment is proceeding, as plans are often subject to change. Details of rides and activities are confirmed at the meetings prior to the event. If you intend to participate, you should either attend the meeting or contact the Ride Leader yourself. On rides that are **SUBSIDISED**, a substantial discount on VLine fares is given to financial members who pay by two Thursdays prior to the ride. To join the Melbourne Bicycle Club, email the Membership Secretary at payments@mbtc.org.au or write to them at PO Box 277, Carlton South 3053

YHA Cycling

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Web site: <http://www.yhacycling.org.au/rides.htm>

R = Road Bike / H = Hybrid / M = Mountain Bike / Soc = Social

E = Easy / M = Medium / H = Hard / Soc = Social

Date	Ride Description	Bike Type	Distance (Kms)	Grade	Ride Leader	Booking Req'd	Ride Leader Contact
JAN 2011							
Sun 1	Ballarat to Melbourne	Any	80	H	John & Paul	Y	Johnrichardson67@hotmail.com
Sun 9	Rooftop Cinema	Social	*	*	Jason	Y	Foojas48@hotmail.com
Sat 15	Fairfield Station to Volumes in Eltham	Any			Susan M		Matzsu.1@gmail.com 0401 617 906 or 9442 2831
Sun 23	YHA Golf Day Par 3 Course - Kew	Social	*	*	Jason	Y	Foojas48@hotmail.com
Sat 29							
Sun 30	Grantville – Poowong Rd	R	80	M	Simon		simongwoodford@yahoo.com.au 041241575
FEB 2011							

Sat 5	Bass Coast Ride	A	50	E/M	Ann B & Susan Q	Y	goblues@netlink.com.au 0417553517
Sun 13	Hepburn Springs to Clunes Day Ride	R	100	M	Simon		simongwoodford@yahoo.com.au 041241575
Thu 18	Audax Night Ride: Albert Park to Portsea & Back	*	*	*	*	*	Audax Australia Cycling Club
Sat 19	Daylesford Ride				Nick		nick@spraynozzle.com.au 0417 506493
Sun 20							
Sat 26 & Sun 27	High Country, Quick Arse Weekend Ride				Lloyd	Y	mapman@bigpond.net 0419 006010
MAR 2011							
Sat 12	Opshop Ride : Sydney Road				Susan M		Matzsu.1@gmail.com 0401 617 906 or 9442 2831
Sun 13	Moriac to Lorne Day Ride	R	120	H	Simon	Y	simongwoodford@yahoo.com.au 041241575
Sat 19 & Sun 20	Blood under the Southern Cross Weekend				Jason	Y	Foojas48@hotmail.com
APR 2011							
Sat 2 & Sun 3	Forrest Ride			E/M/H	Susan	Y	goblues@netlink.com.au 0417553517